



NUTRITIONAL GUIDE

Lemonades (16 oz Serving Size with Ice)	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Caffeine (mg)	Allergens	Gluten Free	Dairy Free
Classic Lemonade	90	0	0	0	15	25	0	23	0	0	10	0	40	0		Yes	Yes
Monkfruit (Sugarfree) Lemonade	5	0	0	0	15	27	0	0	0	0	10	0	40	0		Yes	Yes
Craft Flavors																	
Blue Hawaii Lemonade	170	4	3.5	0	60	37	2	33	<1	0	10	0.3	90	0	Tree Nuts	Yes	Yes
Butterfly Mojito Lemonade	120	0	0	0	25	31	<1	28	<1	0	40	1.8	120	0		Yes	Yes
Lava Flow Lemonade	180	4	3.5	0	60	40	2	35	<1	0	20	0.4	130	0	Tree Nuts	Yes	Yes
Mango Pineapple Lemonade	120	0	0	0	20	33	<1	31	0	0	20	0.1	80	0		Yes	Yes
Pina Colada Lemonade	180	4	3.5	0	60	38	2	34	<1	0	20	0.3	110	0	Tree Nuts	Yes	Yes
PLG Lemonade	130	0	0	0	25	35	3	31	<1	0	10	0.3	150	0		Yes	Yes
Strawberry Pineapple Lemonade	120	0	0	0	20	32	<1	30	0	0	20	0.1	80	0		Yes	Yes

Gourmet Bowls (24 oz Serving Size)	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Caffeine (mg)	Allergens	Gluten Free	Dairy Free
Original Acai Bowl	610	12	2	0	160	128	17	63	10	1.2	70	3.8	1410	0	Tree Nuts	Yes	Yes
Original Acai Mini Bowl (12 oz)	280	5	1	0	85	58	8	29	5	0.6	30	1.9	530	0	Tree Nuts	Yes	Yes
King's Acai Bowl	710	26	10	5	380	121	16	60	9	1	50	4.1	1280	0	Tree Nuts, Peanut	Yes	Yes
Blue Hawaii Smoothie Bowl	750	27	21	0	190	131	19	72	11	1	70	4.4	1300	0	Tree Nuts	Yes	Yes
Superfruit Pitaya Smoothie Bowl	510	8	4.5	0	260	112	13	61	8	1	80	3.3	1120	0	Tree Nuts	Yes	Yes
Cacao Energy Acai Bowl	790	19	8	5	280	155	20	72	14	2	100	5.5	1480	0	Tree Nuts	Yes	May Contain
Cold Brew Crave Acai Bowl	700	22	10	10	200	126	17	65	11	1.4	100	4.1	1400	33	Tree Nuts	Yes	May Contain

Superfood Smoothies (24 oz Serving Size)	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Caffeine (mg)	Allergens	Gluten Free	Dairy Free
Sunrise Smoothie	430	9	8	0	440	88	14	54	6	0	120	2.9	1820	0	Tree Nuts	Yes	Yes
Blue Hawaii Smoothie	470	23	17	0	30	68	12	45	7	0	70	2.4	970	0	Tree Nuts	Yes	Yes
Uncle's Acai Smoothie	370	11	1.5	0	10	71	10	45	5	0	50	1.3	940	0	Tree Nuts	Yes	Yes
Coconut PB&J	370	17	8	5	220	59	8	35	3	0	50	2.6	780	0	Tree Nuts, Peanut	Yes	Yes
Avo Banana Boost Protein Smoothie	730	34	3.5	0	290	86	16	49	32	0	170	8.7	1320	0	Tree Nuts	Yes	Yes
Chia Tropical Protein Smoothie	500	16	7	0	320	69	15	40	28	0	180	12.5	1100	0	Tree Nuts	Yes	Yes
Kahuna Koffee Protein Smoothie	650	28	2.5	0	310	75	14	43	32	0	170	10.6	970	95	Tree Nuts	Yes	Yes
Kid's Smoothie (16 oz Serving Size)	230	3.5	0	0	5	53	7	35	3	0	50	1.3	710	0	Tree Nuts	Yes	Yes

- Nutritional information is based on standard recipes and serving sizes. Actual values may vary due to preparation methods, supplier variations, and seasonal ingredients.
- Ingredient formulations may change without notice. Please check with staff or visit our website for the most up-to-date information.

- Our kitchen handles common allergens, including eggs, gluten, peanuts, and tree nuts. While we take precautions, cross-contact may occur.
- Always communicate allergens to your server and verify ingredients at your local Wow Wow location before eating or drinking.
- Nutritional facts have not been evaluated or endorsed by the FDA.



NUTRITIONAL GUIDE

Shaka Salad Bowls*	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Caffeine (mg)	Allergens	Gluten Free	Dairy Free
Cobb Salad Bowl	210	12	2.5	185	1590	18	5	3	11	1.1	110	3	630	0	Eggs, Nightshades	Yes	Yes
Greek Salad Bowl	170	8	3	15	450	19	4	3	7	0.1	150	2.5	370	0	Milk	Yes	No
Island Berry Salad Bowl	270	14	6	0	280	33	8	11	8	0	90	3.3	500	0	Tree Nuts	Yes	Yes
Maui Chicken Salad Bowl	310	17	4.5	240	1630	17	4	3	24	1.1	120	3.8	670	0	Eggs, Nightshades	Yes	Yes
Teriyaki Chicken Salad Bowl	230	10	2.5	50	630	20	4	6	17	0	120	3.3	490	0	Soy, Sesame	No	Yes

*Nutritional Information does not include dressing which is served on the side. Please ask your local Wow Wow for nutritional information on salad dressings.

- Nutritional information is based on standard recipes and serving sizes. Actual values may vary due to preparation methods, supplier variations, and seasonal ingredients.
- Ingredient formulations may change without notice. Please check with staff or visit our website for the most up-to-date information.

- Our kitchen handles common allergens, including eggs, gluten, peanuts, and tree nuts. While we take precautions, cross-contact may occur.
- Always communicate allergens to your server and verify ingredients at your local Wow Wow location before eating or drinking.
- Nutritional facts have not been evaluated or endorsed by the FDA.